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厦门大学业余马拉松选手的赛前训练及
参赛行为研究

Conduct research before training and competition Xiamen
university amateur marathon runner

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摘 要

厦门国际马拉松自 2003 年举办以来, 得到全国乃至全球的高度重视。仅 5 年时间, 被国际田联评为金牌等级与国内开展最早的北京马拉松成为中国境内最著名的赛事品牌之一。目前马拉松运动在世界健身活动中已处于主流地位, 在中国特别是高校的年轻学子中间广受欢迎。对于年轻业余学生选手训练的科学性也被提上日程。由于马拉松独特的项目特征, 通过赛前训练及比赛不仅可以提高高校学生的身体素质还能磨练其意志品质, 为高校学生的课外活动及校园文化生活增光添彩。据统计, 截止 2015 年参加厦门国际马拉松赛的厦门大学业余马拉松已累计达到 25068 人次。面对如此庞大的队伍的课余训练, 学校体育教学部门难以针对每个学生的具体情况制定详细的训练计划, 主要是进行体育咨询和健身指导。学生对科学锻炼身体的知识相对缺乏, 往往没有能力制定训练计划, 对运动负荷缺乏有效控制。因此迫切需要从运动训练学、竞技参赛学角度针对厦门大学业余马拉松选手进行指导。因此, 本文以 2014、2015 年厦门国际马拉松为例选取厦门大学学生选手的赛前训练及参赛行为研究为个案, 通过从其训练及参赛的核心问题进行探索, 以期为业余马拉松选手(高校学生群体)提供一套较为科学的训练及参赛指导。本文采用的研究方法有文献资料法、问卷调查法、专家访谈法、数理统计法等。从报名、参赛及最后的成绩分析全程参与, 获得宝贵的一手资料与信息, 对业余马拉松选手的参训与参赛都有一定的意义。

根据训练学及竞技参赛学理论结合马拉松专项训练理论对厦门大学业余马拉松选手的训练方法手段进行调研并总结分析得出以下结论:

(1) 厦门大学业余马拉松选手赛前训练内容主要是 5、10、15 公里等的叠加, 场地选择多在校内的田径场。训练方法多采用持续训练法。由于缺乏科学的指导, 男女选手整体的负荷安排较不合理, 易出现训练不足的情况。有经验的业余马拉松选手在训练内容或手段的安排上较初次参赛选手相对丰富, 但同样也缺乏较为科学的指导。

(2) 马拉松的赛前训练是一个系统的, 循序渐进的过程, 是参加马拉松比赛不可或缺的重要组成部分。厦门大学业余马拉松选手赛前训练阶段普遍训练周

期为 1-2 个月，训练系统性和全面性较为缺乏。

(3) 厦门大学业余马拉松选手在 25-30 公里处出现“极点”而专业选手一般出现在 33-34 公里。

(4) 厦门大学业余马拉松选手在比赛结束后能结合自身疲劳情况来选择相适应的恢复手段。通过赛后的访谈得知业余选手缺乏一定的积极性休息，对自己身体的变化缺乏注意，尚需要专业的马拉松教练来进行指导。

(5) 数据显示连续跑完三届以上的业余马拉松选手的成绩均在 4.5 小时内，且成绩波动的幅度不大，且均为男选手。有经验的业余马拉松选手的在生理指标（脉搏等心肺功能方面）、赛前阶段对自身体能的训练调整及比赛时遇到突发问题的应变能力高于初次参赛的运动员。

关键词：业余选手；赛前训练；参赛行为

Abstract

The Xiamen International Marathon held since 2003, to get the national and global attention. Only five years, was named IAAF Gold rating and country to carry out the first Beijing Marathon became one of the most famous events in China brand. Currently marathon fitness activities in the world has been in the mainstream of the position, popular in China, especially young college students who middle. For young amateur student athletes scientific training is also on the agenda. Because of the unique project features marathon through before training and competition can not only improve the physical quality of university students can hone their will, for college students in extracurricular activities and campus life more colorful. According to statistics, as of 2015 to participate in the Xiamen International Marathon, Xiamen University, amateur marathon has totaled 25,068 people. Faced with such a large contingent of after-school training, it is difficult to develop a detailed training plan for each student's specific circumstances, the school physical education department is mainly for sports and fitness guidance counseling. Combined with the knowledge of science students relative lack of physical exercise, can not afford to develop training programs, lack of effective control of the movement of the load, the urgent need to learn from the training, participants learn angle for Xiamen University amateur marathoner guidance. Therefore, this article 2014,2015 Xiamen International Marathon, for example training and competition behavior before selecting Xiamen University student athletes as a case study, to explore its core issues through training and competition to amateur marathoner (college student groups) provide a more scientific training guidance. Research methods used in this paper have literature, questionnaire and mathematical statistics method. From registration, competition and full participation in the final results analysis, gain valuable first-hand data and information for amateur marathoners participating team and have some significance.

According to athletics competition theory and the theory of special training marathon training methods and means of amateur marathoners Xiamen University to conduct research and analyzed in accordance with exercise training following conclusions:

(1) Xiamen University amateur marathon runners before the race training content, methods of organizing more single, relatively unreasonable arrange training load. Limited to 10, 15 km before the training content, such as superposition, site selection and more limited in the school's track and field. Training methods use more continuous training method. Male and female athletes overall load arrangements unreasonable, insufficient training prone to lack of scientific guidance. Experienced amateur marathoner relatively rich compared with the first players on the training content or means of arrangement, but also the lack of a more scientific guidance.

(2) before the marathon training is a systematic, gradual process, is an important part of a marathon indispensable. Xiamen University before training phase amateur marathoner general training period is short, the lack of systematic and comprehensive training.

(3) Xiamen University amateur marathoners appear in 25-30 kilometers "heat the wall" than professional athletes ahead of 3-8 kilometers.

(4) Xiamen University amateur marathon runners after the race can be combined with their own situation to choose fatigue recovery means to adapt. However, a certain lack of enthusiasm for the rest of the lack of attention to changes in their bodies, still need professional marathon coach for guidance.

(5) The above data show that three consecutive finish amateur marathoner results are within 4.5 hours, and the results modest fluctuations, and are male athletes.

Admittedly experienced amateur marathon runners at physiological indicators (such

as heart and lung function pulse), before the stage to encounter their physical training and competition to adjust the resilience of unexpected problems are much higher than the initial participating athletes. And their training phase before the game whether it is training time, intensity, load and other requirements are also higher than other amateur marathoner.

Keywords: amateur ;before training; competition behavior

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前 言

20 世纪 90 年代初，中国女子长跑项目曾战绩显赫，威震世界。沉寂数十年后，伴随着白雪，周春秀等一批具备国际水平的马拉松选手的出现，中国军团在世界赛场上逐渐崭露头角。除了专业运动员大放异彩，业余马拉松选手的空前鼎盛与专业选手的优异成绩相得益彰。挑战自我、挑战极限，与世界一流选手同场竞技，无疑成为世界各地纷纷“上马”的助推剂。据资料显示：“2011 年仅世界各国田径协会在国际田联备案的马拉松赛就有 2894 场。其中美国 789 场，德国 658 场，日本 215 场，俄罗斯 150 场。就连印度在 2011 年也申请了 50 场马拉松”。在高水平选手的示范带动下，马拉松项目凭借着其自身优势，吸引了大众的广泛参与。本论文试图通过对搜集来的一手资料进行整理加工，以厦门大学业余马拉松选手的赛前训练及参赛行为为个案，对其训练及参赛的诸多核心问题进行探讨，为业余马拉松选手尤其是高校学生群体，提供一定思路和较为科学的指导。

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